

I CLAIM:

1. A hollow dumbbell adapted to be filled with liquid therein for increasing weight thereof, said dumbbell comprising:

5 right and left shells spaced apart from each other along a longitudinal axis, and respectively defining two accommodation chambers adapted for containing the liquid therein;

10 a hollow neck member elongated along the longitudinal axis, and interconnecting said right and left shells, said neck member having a cross-section which is smaller than that of each of said right and left shells, and being adapted to be gripped by hand, said neck member defining a passage therein which extends along the longitudinal axis and which
15 has two ends that are in fluid communication with said accommodation chambers, respectively;

20 one of said right and left shells and said neck member being formed with an access port that provides access to a respective one of said accommodation chambers and said passage;

 a plug member detachably inserted into said access port so as to close said access port; and

 a light-related brightening member disposed in one of said right and left shells and said neck member.

25 2. The hollow dumbbell of Claim 1, wherein said one of said right and left shells and said neck member has an outer wall which surrounds the longitudinal axis, and which is

formed with a recess that extends towards a respective one of said accommodation chambers and said passage and that extends along the longitudinal axis, said light-related brightening member including a battery-powered lighting body which is received in said recess.

3. The hollow dumbbell of Claim 2, wherein said battery-powered lighting body includes two illuminating portions and a control switch electrically connected to said illuminating portions.

4. The hollow dumbbell of Claim 2, wherein said lighting body is made from a fluorescent material.

5. The hollow dumbbell of Claim 2, wherein said right and left shells and said hollow neck member are molded into a one-piece construction from a transparent plastic material.

6. The hollow dumbbell of Claim 5, wherein said light-related brightening member further includes a plurality of fluorescent bodies which are disposed in a respective one of said accommodation chambers and said passage and which are adapted to be mixed with the liquid.

7. The hollow dumbbell of Claim 6, wherein said fluorescent bodies are in form of flakes.

8. The hollow dumbbell of Claim 5, wherein said transparent plastic material has incorporated therein a fluorescent substance.

9. The hollow dumbbell of Claim 1, further comprising a flexible hook-and-loop strap fastened around said neck

member to facilitate gripping.

10. The hollow dumbbell of Claim 1, wherein said plug member is engaged threadedly with said access port.

5 11. The hollow dumbbell of Claim 1, wherein said neck member has a barrier portion which is disposed in said passage between said ends and which extends in radial directions relative to the longitudinal axis to block said passage so as to divide said passage into right and left passageways that are in fluid communication with said accommodation
10 chambers of said right and left shells, respectively,

said access port including right and left inlets which are disposed in said neck member and which are in fluid communication with said right and left passageways, respectively,

15 said plug member including right and left plugs which are disposed to engage threadedly said right and left inlets, respectively.